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Catechism
of
Christian Doctrine

From,
Fr. A. F. Meaney ^{Inc.}

Catechism of Christian Doctrine

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Preliminary Lesson

1. Why must we learn Catechism?

We must learn Catechism to know what the Church teaches to Christians.

2. Whom do we call Christians?

We call Christians those who are baptized and believe what Jesus Christ taught.

3. Should Christians believe all that is in this Catechism?

Christians should believe all that is in this Catechism, because it is the teaching of the Bible as explained by the Church.

4. What is the Sign of Christians?

The Sign of Christians is the Sign of the Cross.

5. When we make the Sign of the Cross what should we remember?

When we make the Sign of the Cross, we should remember that there are three Persons in One God, and that the Son of God, Jesus Christ, became man and died on the Cross for us.

6. Why is it good to wear a Cross?

It is good to wear a Cross, because when we see it, we think of Our Lord Jesus Christ.

PART ONE

The Apostles' Creed

Lesson 1: God

7. Say the Apostles' Creed.

I believe in God the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, Our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, sits at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost; the Holy Catholic Church; the communion of saints; the forgiveness of sins; the resurrection of the body, and life everlasting. Amen.

8. Who is God?

God is the Creator of all things, He is the Lord and Father of all.

9. What do we mean when we say: "God is the Creator of all things"?

When we say: "*God is the Creator of all things*", we mean that God made heaven and earth and all things out of nothing.

10. Did God have a beginning?

God had no beginning and He will have no end. He is eternal.

11. Where is God?

God is in heaven, on earth and everywhere.

12. Does God see us?

God sees us. He sees everything, even our secret thoughts and actions.

13. How many Gods are there?

There is only ONE God.

14. How many Persons are there in God?

There are three Persons in God: the Father, the Son, and the Holy Ghost.

15. Is the Father God?

The Father is God.

16. Is the Son God?

The Son is God.

17. Is the Holy Ghost God?

The Holy Ghost is God.

18. Are there three Gods?

There is only ONE God, but in God there are three Persons. This is called the "*Mystery of the Blessed Trinity*".

19. What does the word "Mystery" mean?

The word "*Mystery*" means something that we cannot fully understand.

20. What does the word "Trinity" mean?

The word "*Trinity*" means "*Three in one*".

Lesson 2: Angels

21. What are Angels?

Angels are pure spirits, created by God to adore and serve Him.

22. Were all the Angels good when God created them?

All the Angels were good when God created them.

23. Did all the Angels remain good?

Some of the Angels remained good, some of them disobeyed God.

24. What do we call the Angels who disobeyed God?

We call the Angels who disobeyed God "*devils*".

25. How did God reward the good Angels?

God allowed the good Angels to see Him and to be happy with Him for ever, in heaven.

26. How did God punish the devils?

God punished the devils by sending them to hell for ever.

27. Can the devils do us any harm?

The devils can do us harm, especially by tempting us to sin.

28. Why do the devils tempt us to sin?

The devils tempt us to sin because they are jealous of us; they want us to go to hell with them.

29. Why does God let the devils tempt us?

God lets the devils tempt us so that we will call on God's help more often, show that we are faithful to Him and so earn a greater reward.

30. What must we do when the devils tempt us?

When the devils tempt us we must ask God to help us and our Angel to guard us.

31. Has God sent an Angel to guard each of us?

God has sent an Angel to guard each of us. We call him our "*Guardian Angel*".

32. Should we often think of him?

We should often think of him and ask him to take care of us and keep us from evil.

33. Say the prayer to your Guardian Angel.

"Dear Guardian Angel, be near me this day, and when I am tempted drive the devil away."

Lesson 3: Man

34. What is man?

Man is one of God's creatures, made up of a body and a soul.

35. What is a soul?

A soul is the spirit which is united to our body, and by which we live and think.

36. Will our soul die when we die?

Our soul will never die. It will live for ever.

37. Why did God make man?

God made man to know, love and serve Him here on earth and to see Him and be happy with Him for ever in heaven.

38. Who were the first man and woman?

Adam was the first man. Eve was the first woman. They were our first parents.

39. Were Adam and Eve good when God made them?

Adam and Eve were good when God made them.

40. How were Adam and Eve good?

They were good because God gave them grace and knowledge, and they had nothing to do with sin.

41. Were Adam and Eve happy?

They were happy because they were free from all pain and they were not to die.

42. Did Adam and Eve remain good?

They did not remain good. They disobeyed God.

43. How did Adam and Eve disobey God?

They disobeyed God by eating the fruit of a tree which He had forbidden them to touch.

44. Would we have been happy like Adam and Eve if they had not disobeyed God?

Yes we would have been happy like Adam and Eve if they had not disobeyed God.

45. What did God do when Adam and Eve disobeyed Him?

God took away from them His grace and gifts and let them suffer and die.

46. Did their disobedience cause harm to us?

Their disobedience caused harm to us because they lost God's gifts and grace and could not pass them on to us, their children.

47. What do we call the disobedience of our first parents?

We call the disobedience of our first parents: *Original sin*.

48. What is original sin?

Original sin is the sin in which we are all born because our first parents disobeyed God.

49. Are all men born with original sin?

All men are born with original sin. The Blessed Virgin was the only one kept free from it from the first instant of her conception.

50. Why was the Blessed Virgin born without original sin?

The Blessed Virgin was born without original sin because she was to be the Mother of Jesus Christ.

51. What do we call this privilege?

We call this privilege her "*Immaculate Conception*".

52. Did original sin keep us out of heaven?

Original sin kept us out of heaven, but God had mercy on us.

53. How did God have mercy on us?

God had mercy on us by promising Adam that He would send a Saviour to redeem us and open heaven again for us.

54. Did God send the Saviour?

God sent His Son, Our Lord Jesus Christ, to save us.

Lesson 4

Jesus Christ — The Incarnation

55. What do we mean when we say: "I believe in Jesus Christ, His only Son, Our Lord"?

When we say: "*I believe in Jesus Christ, His only Son, Our Lord*", we mean that we believe that God the Son became man to save us.

56. What is the name of God the Son made man?

The name of God the Son made man is Jesus Christ.

57. What does the Name "Jesus" mean?

The name "*Jesus*" means "*Saviour*".

58. What do we mean when we say: "Jesus Christ was conceived by the Holy Ghost, born of the Virgin Mary"?

When we say: "*Jesus Christ was conceived by the Holy Ghost, born of the Virgin Mary*", we mean that by the power of the Holy Ghost, God the Son took a body and a soul like ours, in the womb of the Virgin Mary, and was born of her.

59. Who is the Father of Jesus Christ?

God the Father is the true Father of Jesus Christ. Joseph, the husband of Mary, was His foster-father.

60. After the Son of God became man, was He still God?

After the Son of God became man, He was still God. He is both true God and true man.

61. Is the Blessed Virgin Mary truly the Mother of God?

The Blessed Virgin Mary is truly the Mother of God because she is the Mother of Jesus Christ Who is true God.

62. Where was Jesus born?

Jesus was born in Bethlehem.

63. On what day was Jesus born?

Jesus was born on Christmas Day, December 25th.

64. Where did Jesus live?

Jesus lived at Nazareth, until He was thirty years old.

65. What did Jesus do while He was at Nazareth?

While Jesus was at Nazareth, He prayed, worked, obeyed and helped Mary and Joseph.

66. What did Jesus do when He was thirty years old?

When He was thirty years old, Jesus chose His Apostles and began to teach all men the way to heaven.

67. How did the people know that Jesus was true God?

The people knew that Jesus was true God because He said so.

68. Are we sure that His word is true?

We are sure that His word is true, because He did wonderful things which only God can do.

69. What do we call these wonderful things?

We call these wonderful things "*Miracles*".

70. What are some of these miracles?

Jesus made the blind see, the deaf hear, the dumb speak, and the dead live again.

71. What was the greatest miracle of Jesus?

The greatest miracle of Jesus was that three days after His death, He rose again from the dead.

72. How did the people act towards Jesus?

Some people believed the word of Jesus, but many did not. They made up their minds to kill Him because He spoke strongly to them about their sins.

73. What do we call the mystery of the Son of God made man?

The mystery of the Son of God made man is called the "*Mystery of the Incarnation*".

Lesson 5: The Redemption

74. What do we mean when we say: "Jesus Christ suffered under Pontius Pilate, was crucified, died and was buried"?

When we say: "*Jesus Christ suffered under Pontius Pilate, was crucified, died and was buried*", we mean that when Pontius Pilate was Governor of Judea, Jesus Christ was cruelly treated, was nailed to a cross, died upon it and was buried.

75. On what day did Jesus die?

Jesus died on Good Friday.

76. Did Jesus truly die?

Jesus truly died.

77. Where did Jesus die?

Jesus died on Mount Calvary, near Jerusalem.

78. For whom did Jesus suffer and die?

Jesus suffered and died for all men.

79. Why did Jesus wish to die?

Jesus wished to die because He loved us and His death would save our souls.

80. What do we call the mystery of Jesus dying for us?

We call the mystery of Jesus dying for us the "*Mystery of the Redemption.*"

81. How did Jesus redeem us?

Jesus redeemed us because He took our place as sinners and offered His death to His Father for us, and so paid for our sins and opened heaven to us.

82. Why did Jesus suffer so much?

Jesus suffered so much to make us understand better how much He loves us and how much God hates sin.

83. Although Jesus Christ died to save all men, will all men be saved?

Although Jesus Christ died to save everyone, all men will not be saved, because some will not believe in Him nor obey His law; others will not pray nor receive His Sacraments.

Lesson 6

Christ's descent into Hell His Resurrection

84. What do we mean when we say: "He descended into hell"?

When we say: "*He descended into hell*", we mean that when the Soul of Jesus left His Body at death, it went down into "*Limbo*".

85. What do we mean by "Limbo"?

"Limbo" is the place where the souls of good people who died before Jesus Christ were waiting for Him to come and open Heaven.

86. What do we mean when we say: "The third day He rose again from the dead"?

When we say: "*The third day He rose again from the dead*", we mean that the third day after His death, His soul and His body were united and He lived again.

87. Why did Jesus' body remain three days in the grave?

Jesus' body remained three days in the grave so that no one could say that He was not truly dead.

88. On what day did Jesus rise again?

Jesus rose again on *Easter Sunday*, the third day after His death.

89. How long did Jesus stay on earth after His Resurrection?

Jesus stayed on earth forty days after His Resurrection

90. Why did Jesus stay on earth forty days after His Resurrection?

Jesus stayed on earth forty days after His Resurrection to prove that He had truly risen from the dead, to finish teaching His Apostles and to found His Church.

Lesson 7: The Ascension

91. What do we mean when we say: 'He ascended into heaven'?

When we say: "*He ascended into heaven*", we mean that forty days after His Resurrection Jesus went up to heaven.

92. What do we call the day Jesus went up to heaven?

We call the day Jesus went up to heaven "*Ascension Thursday*".

93. What does Jesus do for us in heaven?

In heaven Jesus prays to His Father for us, gives us the graces He won by His death and takes care of us.

94. What do we mean when we say that Jesus "sits at the right hand of God the Father Almighty"?

When we say that Jesus "*sits at the right hand of God the Father Almighty*", we mean that Jesus, as God, is like His Father, and as man, He is King of all.

Lesson 8: The Judgment

95. What do we mean when we say: "from thence He shall come to judge the living and the dead"?

When we say: "*from thence He shall come to judge the living and the dead*", we mean that at the end of the world Jesus Christ will judge all men and will reward the good and punish the wicked.

96. What do we call the judgment at the end of the world?

We call the judgment at the end of the world the "*General Judgment*".

97. Shall we be judged as soon as we die?

As soon as we die we shall be judged by God.

98. What do we call this judgment?

We call this judgment the "*Particular Judgment*".

99. What happens at the particular judgment?

At the particular judgment, the soul is judged on the good or evil it has done and is sent to heaven or hell or purgatory.

100. What is heaven?

Heaven is the place where the Angels and Saints see God and share in His happiness.

101. Who go to heaven?

Those go to heaven who die in the state of grace and are free from even venial sin and all punishment due to their sins.

102. What do we call those who are in heaven?

We call those who are in heaven the *Blessed* or the *Saints*.

103. What is purgatory?

Purgatory is a place of suffering in which good souls pay for their sins before entering heaven.

104. Who go to purgatory?

Those go to purgatory who die in the state of grace but in venial sin or with punishment due to their sins.

105. Will those in purgatory remain there for ever?

Those in purgatory will remain there until they have paid for their sins; then they will go to heaven.

106. How can we help the souls in purgatory?

We can help the souls in purgatory by praying for them and gaining Indulgences, by having Masses offered for them and by doing good deeds so that their purgatory will be shortened.

107. What is hell?

Hell is the place where the damned suffer for ever. They will never see God and will burn for ever with the devils.

108. Who go to hell?

Those who die in mortal sin go to hell.

109. Will those who go to hell ever get out of it?

Those who go to hell will never get out of it.

110. When shall we die?

We do not know when we shall die.

111. Should we often think of death?

We should often think of death, to keep our souls away from sin.

Lesson 9: The Holy Ghost

112. What do we mean when we say: "I believe in the Holy Ghost"?

When we say: "*I believe in the Holy Ghost*", we mean that we believe the Holy Ghost, the third Person of the Holy Trinity, is God with the Father and the Son.

113. Did Jesus teach us about the Holy Ghost?

Jesus taught us about the Holy Ghost and promised to send Him upon the Apostles.

114. What day did the Holy Ghost come upon the Apostles?

The Holy Ghost came upon the Apostles on Pentecost Day, ten days after the Ascension of Jesus.

115. What did the Holy Ghost do for the Apostles?

The Holy Ghost increased the Faith of the Apostles, taught them all truth, and strengthened their wills by grace, so that without fear they went out preaching and baptizing.

116. Did only the Apostles receive the Holy Ghost?

Not only the Apostles received the Holy Ghost. We also receive Him by grace.

117. What does the Holy Ghost do for us?

The Holy Ghost gives us His seven gifts in Confirmation and stays in our souls as long as they are free from mortal sin.

Lesson 10: The Holy Catholic Church

118. What do we mean when we say: "I believe in the Holy Catholic Church"?

When we say: "*I believe in the Holy Catholic Church*", we mean that we believe the Holy Catholic Church to be the only Church founded by Jesus Christ.

119. Was there any other Church founded by Jesus Christ?

There was no other Church founded by Jesus Christ, but the other churches were founded by men long after Jesus Christ came on earth.

120. How do we know that the Catholic Church is the Church founded by Jesus Christ?

We know that the Catholic Church is the Church founded by Jesus Christ because it is the Church which has kept His teaching as He gave it to St Peter and to the Apostles.

121. What did Jesus Christ say to St Peter in order to found the Church?

In order to found the Church, Jesus Christ said to St Peter: "You are Peter—which means: you are a rock—and upon this rock I will build my Church".

122.. Did Jesus Christ say this only to St Peter?

Jesus Christ said this only to St Peter because there was to be only one Head of the Church.

123. What did Jesus Christ say to the other Apostles?

Jesus Christ said to the other Apostles: "Go therefore, teach all nations, baptizing them in the Name of the Father and of the Son and of the Holy Ghost, teaching them to observe all things whatsoever I have commanded you".

124. Why did Jesus Christ found a Church?

Jesus Christ founded a Church to guard His whole teaching, to pass on His teaching to all men, and to give them the Sacraments.

125. When the Apostles died, who took their places?

When the Apostles died, other Bishops took their places and one of them was made the Head of the Church in St Peter's place.

126. Who is the Head of the Catholic Church on earth?

The Head of the Catholic Church on earth is Our Holy Father the Pope, N....

127. Where does the Pope live?

The Pope lives in Rome because he is the Bishop of Rome.

128. When the Pope teaches the word of Christ, can he make a mistake?

When the Pope teaches the word of Christ, he cannot make a mistake.

129. Why cannot the Pope make a mistake when he teaches the word of Christ?

The Pope cannot make a mistake when he teaches the word of Christ because God the Holy Ghost keeps watch over what the Pope teaches.

130. Do those who disobey the Pope disobey God?

Those who disobey the Pope disobey God.

131. Why do those who disobey the Pope disobey God?

Those who disobey the Pope disobey God because Jesus Christ said to His Apostles: "He who hears you hears Me; he who despises you despises Me".

132. Who makes known to us the teaching of the Pope?

The Bishops and priests make known to us the teaching of the Pope.

133. Who are the Bishops?

The Bishops are the successors of the Apostles; they are those leaders who are sent by the Pope to rule the Church.

134. Who help the Bishops in their work?

The priests help the Bishops in their work.

135. What is our duty towards our Bishop and priests?

We must respect, obey and help our Bishop and priests in their work for souls.

136. How should we help our Bishop and priests in their work for souls?

We should help our Bishop and priests in their work for souls by teaching, by giving good example, and by Catholic Action.

137. Who are those who do not belong to the Church?

Those who do not belong to the Church are pagans and heretics.

138. What is a pagan?

A pagan is one who has not received Baptism.

139. What is a heretic?

A heretic is one who is baptized, but does not believe one or more truths of the Catholic Church.

140. How should we act towards pagans and heretics?

We should pray for them that God will give them light to know the truth and enter the Catholic Church.

141. Will all pagans and heretics go to hell?

Those who know the truth about the Church and yet will not become Catholics will go to hell. Those who do not know will be judged according to their consciences.

142. How do we know the true Church of Jesus Christ?

We know the true Church of Jesus Christ by the four marks He gave it: it is One, Holy, Catholic and Apostolic.

143. What do we mean when we say that the Church is 'One'?

When we say that the Church is "*One*", we mean that its members believe the same truths, have the same Sacraments and Sacrifice, and obey the same Supreme Head, the Pope.

144. What do we mean when we say that the Church is 'Holy'?

When we say that the Church is "*Holy*", we mean that its Founder, Jesus Christ, is Holy and it makes us holy.

145. What do we mean when we say that the Church is 'Catholic' ?

When we say that the Church is "*Catholic*", we mean that Jesus Christ founded it to teach all men in all times all that He had taught.

146. What do we mean when we say that the Church is 'Apostolic'?

When we say that the Church is "*Apostolic*", we mean that Jesus Christ gave His teaching to St Peter and the Apostles, and it has come down to us in an unbroken line through their successors, the Pope and the Bishops.

147. In which Church are these four marks found?

These four marks are found only in the Catholic Church.

148. Is it enough to belong to the Church to go to heaven?

It is not enough to belong to the Church to go to heaven, we must also believe its teaching and obey its commandments.

Lesson 11: The Communion of Saints

149. What do we mean when we say: "I believe in the Communion of Saints"?

When we say: "*I believe in the Communion of Saints*", we mean that we believe that all who belong to the Church on earth, in heaven and in purgatory are united with one another.

150. How are they united?

They are united as one body with Jesus Christ. The saints in heaven, the souls in purgatory, and we on earth can pray for one another.

Lesson 12: The Forgiveness of Sins

151. What do we mean when we say: "I believe in the forgiveness of sins"?

When we say: "*I believe in the forgiveness of sins*", we mean that we believe that Jesus Christ gave to His Church the power of forgiving sins.

152. Can the Church forgive all sins?

The Church can forgive all sins, no matter how many or how bad they may be.

153. How does the Church forgive sins?

The Church forgives sins by the Sacraments of Baptism and Penance.

154. To whom did Jesus Christ give the power of forgiving sins?

Jesus Christ gave the power of forgiving sins to the priests.

Lesson 13: The Resurrection of the Body

155. What do we mean when we say: "I believe in the resurrection of the body"?

When we say: "*I believe in the resurrection of the body*", we mean that we believe that one day our souls will unite again with our bodies and we shall rise again from the dead.

156. How will that be done?

Almighty God Who created man in the first place will make all men live again.

157. When shall we rise again?

We shall rise again together at the end of the world.

Lesson 14: Life everlasting

158. What do we mean when we say: "I believe in life everlasting"?

When we say: "*I believe in life everlasting*", we mean that we believe we shall live for ever, after we have risen.

159. Where shall we live for ever after the Last Judgment?

After the Last Judgment those who were good on earth will be happy for ever in heaven, and those who were bad will suffer for ever in hell.

PART TWO

The Commandments of God and of the Church

Lesson 15: God's Commandments

160. What are the Ten Commandments of God?

1. *I am the Lord thy God, Thou shalt not have strange gods before Me.*
2. *Thou shalt not take the name of the Lord, thy God in vain.*
3. *Remember thou keep holy the Sabbath day.*
4. *Honour thy father and thy mother.*
5. *Thou shalt not kill.*
6. *Thou shalt not commit adultery.*
7. *Thou shalt not steal.*
8. *Thou shalt not bear false witness against thy neighbour.*
9. *Thou shalt not covet thy neighbour's wife.*
10. *Thou shalt not covet thy neighbour's goods.*

161. Must we keep the Commandments of God?

We must keep the Commandments of God because they are God's orders to us. If we do not obey them, we shall go to hell.

Lesson 16: First Commandment

162. What is the first Commandment?

The first Commandment is: *"I am the Lord thy God; thou shalt not have strange gods before Me"*.

163. What does the first Commandment tell us to do?

The first Commandment tells us not to put anyone or anything above God. He alone is God. We should adore, love and serve Him alone.

164. How do we adore God?

We adore God by remembering that He is Almighty and that all things belong to Him.

165. What does the first Commandment of God forbid?

The first Commandment of God forbids idolatry, superstition, sacrilege and heresy.

166. What is idolatry?

Idolatry is treating as God anything other than God, such as praying to a man, or a stone, or a tree or pictures.

167. What is superstition?

Superstition is believing that certain actions, words or objects have a power which in fact neither God nor the Church has given them.

168. Name some superstitions.

Sorcery, fortune-telling, magic, charms and spells, and certain treatments of illnesses.

169. What is sorcery?

Sorcery is asking the help of the devil to harm others.

170. Are all native treatments of illnesses bad?

Not all native treatments of illnesses are bad, but the use of magic with them makes them superstitious.

171. Why is superstition bad?

Superstition is bad because it is asking the help of the devil instead of the help of God.

172. Is it a sin to ask the devil for anything?

It is a grave sin to ask the devil for anything.

173. Is it right to ask the help of the saints?

It is right to ask the help of the saints, because we do not treat them as gods, but as friends of God, able to speak to Him for us.

174. Of what use are holy pictures and statues?

Holy pictures and statues remind us of Our Divine Lord and the saints.

175. What is sacrilege?

Sacrilege is treating wrongly any person, place or thing belonging to God.

176. What is heresy?

Heresy is refusing to believe any one of God's truths as taught by the Church.

Lesson 17: Second & Third Commandments

177. What is the second Commandment?

The second Commandment is: *"Thou shalt not take the Name of the Lord, thy God, in vain"*.

178. What does the second Commandment tell us to do?

The second Commandment tells us to speak respectfully of God's Name or anything holy, and to speak truthfully if we take an oath or vow.

179. What do we call the sin by which one insults God and the saints?

We call the sin by which one insults God and the Saints, *"Blasphemy"*.

180. What do we mean by taking an oath?

By taking an oath we mean calling God as a witness that what we say is true.

181. Is it ever sinful to take an oath?

It is sinful to take an oath for no good reason; if what we say is not true or if we promise to do something wrong.

182. What is a vow?

A vow is an oath promising something good to God.

183. What is the third Commandment?

The third Commandment is: "*Remember that thou keep holy the Sabbath day*".

184. What does the third Commandment tell us to do?

The third Commandment tells us that we must keep Sunday as a day of prayer.

185. What does the third Commandment forbid us to do?

The third Commandment forbids us to do any unnecessary hard work such as carrying, gardening or hunting on Sundays.

186. Is it always a mortal sin to work on Sunday?

It is a mortal sin if the work is hard and long.

Lesson 18: Fourth Commandment

187. What is the fourth Commandment?

The fourth Commandment is: "*Honour thy father and thy mother*".

188. What does the fourth Commandment tell us to do?

The fourth Commandment tells us to love, respect and obey our parents or those in charge of us.

189. How should we show our love for our parents?

We should show our love for our parents by helping them, by looking after them when they are sick or old, by teaching them about God if they do not know Him, and by sending for a priest if they are in danger of death.

190. Should we also obey the Pope, our Bishop and our priests?

We should also obey the Pope, our Bishop and our priests in all that has to do with the care of our souls.

191. Should we also obey the Government?

We should also obey the Government.

192. If our parents or the Government command us to do something against God's Commandments must we obey them?

If our parents or the Government command us to do something against God's Commandments we must not obey them. We must obey God first and above all.

193. What must parents do for their children?

Parents must love their children, care for them, give them good example, and keep them free from harm.

194. What else must they do for them?

They must also teach them their prayers, correct them if they do wrong, and send them to Catholic schools.

195. Are parents to blame for the sins of their children?

Parents are to blame for the sins of their children if they have not done their duty towards them.

Lesson 19: Fifth Commandment

196. What is the fifth Commandment?

The fifth Commandment is: "*Thou shalt not kill*".

197. What does the fifth Commandment tell us to do?

The fifth Commandment tells us to respect our bodies and souls and the bodies and souls of other people.

198. What does the fifth Commandment forbid us to do?

The fifth Commandment forbids us to kill other people or to kill ourselves or to do anything that could harm other people in body or soul.

199. How can we harm the souls of other people?

We can harm the souls of other people by bad example and scandal.

200. What is scandal?

Scandal is speaking or acting in such a way that other people are led to sin.

201. Why is scandal a sin?

Scandal is a sin because it does harm to another's soul and so does the devil's work.

202. Why is it forbidden to kill oneself?

It is forbidden to kill oneself because life does not belong to us but to God.

203. What should we do to keep the fifth Commandment?

To keep the fifth Commandment we should always be friendly with others, forgive our enemies and wish good to all.

Lesson 20: Sixth & Ninth Commandments

204. What is the sixth Commandment?

The sixth Commandment is: *"Thou shalt not commit adultery"*.

205. What is the ninth Commandment?

The ninth Commandment is: *"Thou shalt not covet thy neighbour's wife"*.

206. What do the sixth and ninth Commandments tell us to do?

The sixth and ninth Commandments tell us to be pure in word, look, action, thought and desire.

207. What is purity?

Purity is telling God by our actions that we will use the great and good powers He has given our bodies only in the way He wishes us to use them.

208. What do the sixth & ninth Commandments forbid us to do?

The sixth and ninth Commandments forbid all impure words, looks and actions with ourselves or others and all impure thoughts and desires.

209. Is impurity a mortal sin?

Impurity is a mortal sin because by it our body masters our soul.

210. Are impure thoughts and desires always sins?

Impure thoughts and desires are sins when we want them and keep them in our minds, but they are not sins when we try to put them out of our minds.

211. What should we do to keep free from impurity?

To keep free from impurity we should be careful of what we do, what we look at, what we listen to and what we say, and we should always keep busy.

212. What should we do when we are tempted to sins of impurity?

When we are tempted to sins of impurity we should say a prayer asking God's help and quickly turn our thoughts to other things.

213. What should we do to keep ourselves pure?

To keep ourselves pure we should go often to Confession and Communion; remember that God sees us always and that impurity leads to hell; we should also love the Blessed Virgin Mary.

Lesson 21

Seventh and Tenth Commandments

214. What is the seventh Commandment?

The seventh Commandment is: "*Thou shalt not steal*".

215. What is the tenth Commandment?

The tenth Commandment is: "*Thou shalt not covet thy neighbour's goods*".

216. What do the seventh and tenth Commandments tell us to do?

The seventh and tenth Commandments tell us to respect other people's things.

217. What do the seventh and tenth Commandments forbid us to do?

The seventh and tenth Commandments forbid us to take or keep or do any harm to what belongs to another or to wish to do so.

218. Give examples of other sins against the seventh Commandment.

It is a sin against this Commandment not to do the work one is paid for; not to pay for what one buys; not to look after things given to one's care; to help another to steal or to receive stolen things.

219. Is stealing always a mortal sin?

Stealing things which cost a lot of money is a mortal sin; stealing things which cost little is a venial sin.

220. Can a person be forgiven in Confession if he will not give back what he has stolen or repair the harm he has done?

A person cannot be forgiven in Confession if he will not give back what he has stolen or repair the harm he has done.

Lesson 22: Eighth Commandment

221. What is the eighth Commandment?

The eighth Commandment is: *"Thou shalt not bear false witness against thy neighbour"*.

222. What does the eighth Commandment tell us to do?

The eighth Commandment tells us that we must say only what is true and that we must think and speak well of others.

223. What does the eighth Commandment forbid?

The eighth Commandment forbids all lies, calumny, detraction and rash judgment.

224. What is a lie?

A lie is to say something we know is not true to deceive others.

225. What is calumny?

Calumny is to tell a lie which does harm to the good name of another.

226. What is detraction?

Detraction is to make known unjustly a truth which could harm the good name of another.

227. What is rash judgment?

Rash judgment is to say or to think evil of another without being sure of it.

228. Are sins against the eighth Commandment mortal?

Sins against the eighth Commandment are mortal if they do grave harm. Otherwise they are venial.

229. What must we do if we have harmed another person by our words?

If we have harmed another person by our words, we must make up for the harm we have done.

Lesson 23: Commandments of the Church

230. What are the Commandments of the Church?

The Commandments of the Church are:

1. *To hear Mass on Sundays and Holy Days of obligation.*
2. *To fast and abstain on days appointed by the Church.*
3. *To confess our sins at least once a year.*
4. *To receive Holy Communion at least once a year, that is, at Easter time, or within the time appointed by the Bishop.*
5. *To contribute to the support of our Priests.*
6. *To obey the laws of the Church regarding marriage.*

231. Must we obey the Commandments of the Church?

We must obey the Commandments of the Church because the Church speaks to us in the Name of God.

232. Is it a sin to disobey the Commandments of the Church?

It is a sin to disobey the Commandments of the Church, just the same as it is a sin to disobey the Commandments of God.

233. What is the first Commandment of the Church?

The first Commandment of the Church is: *"To hear Mass on Sundays and Holy Days of obligation"*.

234. How many Holy Days of obligation are there in Papua-New Guinea?

There are four Holy Days of obligation in Papua: Christmas, Ascension, Assumption (15 August), and All Saints (1st November).

235. Are these Holy Days of obligation the same as Sundays?

These Holy Days of obligation are the same as Sundays and we must assist at Mass and do no work.

236. Is it a mortal sin to miss Mass on Sundays and Holy Days of obligation?

It is a mortal sin to miss Mass on Sundays and Holy Days of obligation, when we miss it through our own fault.

237. What should we do on Sundays or Holy Days of obligation when there is no priest in our village?

On Sundays and Holy Days of obligation, when there is no priest in our village, we should go to Mass to another village if possible, otherwise we should assist at common prayer.

Lesson 24: Fast and Abstinence

238. What is the second Commandment of the Church?

The second Commandment of the Church is: *"To fast and abstain on the days appointed by the Church"*.

239. What do we mean by Fast days?

Fast days are days on which we may eat only one full meal.

240. What do we mean by days of abstinence?

Days of abstinence are days on which we may not eat meat.

241. What do we mean by meat?

By meat we mean the flesh of animals and birds, but not the flesh of fish and shells.

242. Who have to obey the law of abstinence?

All Christians over seven years of age have to obey the law of abstinence.

243. Who have to obey the law of fasting?

All Christians between 21 and 60 years of age have to obey the law of fasting.

244. What is the law of the Church about fast and abstinence in Papua-New Guinea?

In Papua-New Guinea, we have to fast and abstain only on Fridays in Lent.

245. What is Lent?

Lent is the time between Ash Wednesday and Easter.

Lesson 25: Easter Duties

246. What is the third Commandment of the Church?

The third Commandment of the Church is: *"To go to confession at least once a year"*.

247. What is the fourth commandment of the Church?

The fourth Commandment of the Church is: *"To receive Holy Communion worthily at Easter time each year"*.

248. Must we go to Confession and Holy Communion every year?

We must go to Confession at least once a year, and to Holy Communion every year at Easter time.

249. What is Easter time in Papua-New Guinea?

In Papua-New Guinea, Easter time is the time from Ash Wednesday to the Feast of Sts. Peter and Paul.

Support of Priests

250. What is the fifth Commandment of the Church?

The fifth Commandment of the Church is: *"To contribute to the support of our priests"*.

251. What do we mean when we say that we must "contribute to the support of our priests"?

When we say we must *"contribute to the support of our priests"*, we mean that we should help our priests in their work.

252. How can we help our priests in their work?

We can help our priests in their work by praying for them, by assisting them with money, food and work.

253. How should we assist our priests by work?

We should assist our priests by work by building and looking after our churches, schools and other Mission buildings.

Marriage Laws

254. What is the sixth Commandment of the Church?

The sixth Commandment of the Church is: *"To observe the laws of the Church regarding marriage"*.

255. What are these laws?

Catholics cannot marry without witnesses; Catholics cannot marry non-catholics, or close relatives, or their godparents; the Church also forbids marriage to those who are not of age.

PART THREE

Sin and Virtue

Lesson 26: Sin

256. What is sin?

Sin is disobedience to the law of God or of the Church.

257. How many kinds of sins are there?

There are two kinds of sin: original sin and actual sin.

258. What is original sin?

Original sin is the sin in which we are all born because our first parents disobeyed God.

259. How is original sin taken away from our souls?

Original sin is taken away from our souls by Baptism.

260. What is actual sin?

Actual sin is the sin we ourselves commit.

261. How many kinds of actual sins are there?

There are two kinds of actual sins: mortal sin and venial sin.

262. When is a sin mortal?

A sin is mortal when the one who commits it knows or believes he is doing very wrong and means to do so.

263. What does mortal sin do to our soul?

Mortal sin takes sanctifying grace away from our souls.

264. If we die in mortal sin where shall we go?

If we die in mortal sin we shall go to hell.

265. What should we do if we commit a mortal sin?

If we commit a mortal sin we should at once make an act of perfect contrition and go to confession as soon as we can.

266. When is a sin venial?

A sin is venial when the wrong done is small, or when the wrong done is serious but the one who does it does not fully know or mean the wrong he does.

267. What does venial sin do to our soul?

Venial sin weakens our love for God and leads us into mortal sin.

268. If we die in venial sin shall we go to hell?

If we die in venial sin we shall not go to hell but to purgatory, until we have paid for our venial sin.

269. What are the main causes of sin?

The main causes of sin are: pride, avarice, lust, anger, gluttony, envy and sloth.

270. What are these sins called?

These sins are called Capital Sins.

Lesson 27: Virtue

271. What is virtue?

Virtue is a habit which makes it easier to be good.

272. How many virtues are there?

There are many virtues. The chief ones are Faith, Hope and Charity, which are given to us in Baptism.

273. What is Faith?

Faith is a virtue given to us by God by which we believe that God teaches through His Church.

274. Why do we believe all that God teaches?

We believe all that God teaches because God's word is always true.

275. How do we lose the virtue of Faith?

We lose the virtue of Faith by refusing to believe any one of the words of God.

276. How do we know what God has taught?

We know what God has taught because the Church tells us and the Church cannot be wrong.

277. Can we understand all the teaching of God?

We cannot understand all the teachings of God. Those we cannot fully understand we call '*Mysteries of Religion*'.

278. Must we believe the mysteries of religion?

We must believe the mysteries of religion because God has taught them to us.

279. How does the teaching of God come to us?

The teaching of God comes to us through the Bible and Tradition.

280. What is the Bible?

The Bible is the book written by the Prophets, the Apostles and others with the help of the Holy Ghost.

281. What is Tradition?

Tradition is the teaching of God, not written, but kept by the Church since the time of Our Lord.

282. Who explains the Bible and Tradition?

The Church explains the Bible and Tradition.

283. Say the act of Faith.

O my God, I believe in You and in all Your Church teaches, because You have said it and Your word is true.

284. What is Hope?

Hope is a virtue given to us by God by which we trust God to give us grace on earth and heaven after death.

285. Why should we so trust God?

We should so trust God because Jesus Christ promised us His grace and heaven and He will keep His promise.

286. How do we sin against Hope?

We sin against Hope by despair and presumption.

287. What is despair?

Despair is the sin of giving up the hope of heaven.

288. What is presumption?

Presumption is the sin of thinking that we will go to heaven without doing what we must do to be saved.

289. Say the act of Hope.

O my God, I trust in Your promise to give me grace in this life and heaven in the next.

290. What is Charity?

Charity is a virtue given to us by God, by which we love Him above all things and our neighbour as ourselves for the love of God.

291. Why should we love God above all things?

We should love God above all things because He is all goodness, and all that we have comes from Him.

292. How do we love God above all things?

We love God above all things when we keep His Commandments, and are ready to suffer anything rather than sin against Him.

293. What else should we do to show our love for God?

To show our love for God, we should also do good works which please Him, even though He does not command them.

294. How do we lose the virtue of Charity?

We lose the virtue of Charity by mortal sin.

295. Why should we love our neighbour?

We should love our neighbour because God commanded it, and because God Himself loves all men.

296. Should we love those who do wrong to us?

We should love those who do wrong to us and we should not do wrong to them.

297. What do we mean when we say we should love our neighbour as ourselves?

When we say we should love our neighbour as ourselves, we mean that we should do to others as we would have them do to us.

298. What are some of the ways to love our neighbour?

Some of the ways to love our neighbour are: to feed the hungry, to shelter the homeless, to help the sick, to visit those in goal, to bury the dead.

We should also teach those who do not know about God, try to bring sinners back to God, forgive those who harm us, be patient with those who annoy us and pray that all men be saved.

299. What are the sins against our neighbour?

The sins against our neighbour are: hatred, jealousy, quarrelling, and hurting our neighbour in any way.

300. Say the act of Charity.

O my God, I love You very much, and for Your sake I love all people.

285. Why should we love our neighbor? We should love our neighbor because God commanded it, and because God himself loves all men.

286. Should we love those who do wrong to us and us should not do wrong to them?

287. When we say we should love our neighbor as ourselves, we mean that we should do to others as we would have them do to us. We should love our neighbor as ourselves.

288. What are some of the ways to love our neighbor? Some of the ways to love our neighbor are: to feed the hungry, to shelter the homeless, to help the sick, to visit those in prison, to bury the dead, to work with them. We should also teach those who do not know about God, try to bring sinners back to God, forgive those who harm us, be patient with those who annoy us and pray for all men. We should love our neighbor as ourselves.

289. What are the sins against our neighbor? The sins against our neighbor are: hatred, jealousy, quarreling, and hating our neighbor in any way.

290. O my God, I love You very much, and for Your sake I love all people.

PART FOUR

Grace and Sacraments

Lesson 28: Grace

301. What is grace?

Grace is a gift of God to help us to go to heaven.

302. Who merited grace for us?

Jesus Christ merited grace for us by His life on earth and His death on the cross.

303. How many kinds of grace are there?

There are two kinds of grace: *sanctifying grace* and *actual grace*.

304. What is sanctifying grace?

Sanctifying grace is the grace by which God makes us share in His own life and makes us His true children able to live with Him in heaven.

305. When is sanctifying grace first given to us?

Sanctifying grace is first given to us in Baptism.

306. Can we ever lose sanctifying grace?

We lose sanctifying grace if we commit a mortal sin.

307. If we die and have lost sanctifying grace, where shall we go?

If we die when we have lost sanctifying grace, we shall go to hell.

308. If we lose sanctifying grace, what should we do?

If we lose sanctifying grace, we should make an act of perfect contrition and go to confession as soon as possible.

309. What is actual grace?

Actual grace is the help given to us by God from time to time to know, to will and to do what is right.

310. Without grace what can we do to go to heaven?

Without grace we can do nothing to go to heaven.

311. When does God give us grace?

God gives us grace when He wishes, but always when we pray and receive the Sacraments well.

Lesson 29: Sacraments

312. What is a Sacrament?

A sacrament is a visible sign made by Christ to give us grace.

313. How many sacraments are there?

There are seven sacraments: *Baptism, Confirmation, Eucharist, Penance, Extreme-Unction, Holy Orders, Matrimony.*

314. What graces do the sacraments give to us?

Baptism and Penance give sanctifying grace; the other sacraments increase sanctifying grace; each sacrament gives a special sacramental grace.

315. What do we mean when we say that "each sacrament gives a special sacramental grace"?

When we say that "*each sacrament gives a special sacramental grace*", we mean that the help given by one sacrament is different from the help given by another.

Thus: Baptism gives grace to help us to live a christian life; Confirmation gives grace to be stronger in our Faith; Eucharist gives grace to keep close to Our Lord; Penance helps to keep away from sin; Holy Orders helps priests to be good priests; Matrimony helps people to live good lives in marriage.

316. Do the sacraments always give grace?

The sacraments always give grace, unless we receive them unworthily.

317. If we receive a sacrament unworthily, do we commit a mortal sin?

If we receive a sacrament unworthily we commit a mortal sin and we call it a sacrilege.

318. Are there sacraments that can be received only once?

There are three sacraments that can be received only once: Baptism, Confirmation and Holy Orders.

319. Why can these sacraments be received only once?

These sacraments can be received only once because they put in our souls a mark which stays for ever.

Lesson 30: Baptism

320. What is Baptism?

Baptism is the sacrament which makes us Christians and children of God and of the Church.

321. What does Baptism do to our souls?

Baptism gives us sanctifying grace for the first time, marks our souls as Christians, takes away original sin and opens heaven to us.

322. What does the word "Baptism" mean?

The word "*Baptism*" means "*washing*".

323. How is Baptism given?

Baptism is given by pouring water on the head of the one to be baptized, and at the same time saying: *N.... I baptize you in the Name of the Father and of the Son and of the Holy Ghost.*"

324. Who gives Baptism?

Priests give Baptism, but if someone is in danger of death and no priest is near, any one may and should give Baptism.

325. Must it be the same person who pours water and says the words?

It must be the same person who pours water and says the words, otherwise Baptism is not given.

326. If we are not sure whether a person is alive or dead, and we think he may not be baptized, should we baptize him?

If we are not sure whether a person is alive or dead, and we think he may not be baptized, we should baptize him saying: *"If you are alive and not baptized, I baptize you in the Name of the Father and of the Son and of the Holy Ghost"*.

327. When should babies be baptized?

Babies should be baptized as soon as possible.

328. If a baby is in danger of death, should it be baptized?

If a baby is in danger of death some other person or even its mother should give it Baptism at once.

329. Is it a sin for parents to let their children die without Baptism?

It is a mortal sin for parents to let their children die without Baptism because through the parents' fault the children cannot go to heaven.

330. What should adults do if they wish to be baptized?

Adults who are not baptized should learn and believe the teaching of Jesus Christ, ask for Baptism and be sorry for their sins.

331. What must one do before baptizing an adult?

Before baptizing an adult, one must make sure:

1. that the person to be baptized knows the necessary
2. that he wishes to be baptized; [truths;
3. that he is sorry for his sins.

332. What promise is made before receiving Baptism?

The promise made before receiving Baptism is to have nothing to do with sin, but to serve God faithfully.

333. Has one to give up all native customs after Baptism?

One has to give up only those native customs which are bad.

334. Does one commit a sin who receives Baptism without contrition?

One who receives Baptism without contrition commits a sacrilege.

335. Is such a one baptized?

Such a one is truly baptized, but will not receive the grace of Baptism until he is really sorry for his sins.

336. How do we keep the promises of Baptism?

We keep the promises of Baptism by obeying the Commandments, praying and receiving the sacraments well.

337. Why do we take the names of the saints when we are baptized?

We take the names of the saints when we are baptized so that the saints whose names we have will watch over us in a special way.

338. Why do we have godparents in Baptism?

We have godparents in Baptism to help us to keep our promises and live truly christian lives.

339. If a person refuses Baptism can he go to heaven?

If a person refuses Baptism, he cannot go to heaven.

340. If a person cannot receive the sacrament of Baptism, can he go to heaven?

If a person cannot receive the sacrament of Baptism, he will go to heaven if he wishes to receive Baptism and is sorry for his sins.

Lesson 31: Confirmation

341. What is Confirmation?

Confirmation is the sacrament in which the Holy Ghost comes to us with all His gifts to make us strong and perfect Christians.

342. What does Confirmation do to us?

Confirmation strengthens the graces we receive in Baptism, marks us as soldiers of Christ so that we will be stronger against sin and not forget Jesus Christ.

343. What does it mean to be marked as "soldiers of Christ"?

To be marked as "*soldiers of Christ*" means that we are witnesses of our Faith, like the early Christians, and that we must spread it by speaking of it, by giving good example and by Catholic Action.

344. What does the word "Confirmation" mean?

The word "*Confirmation*" means "*making strong*".

345. Who gives Confirmation?

The Bishop gives Confirmation.

346. Can priests also give Confirmation?

Priests also give Confirmation to those in danger of death, because the Pope allows them.

347. What does the Bishop do when he gives Confirmation?

When he gives Confirmation, the Bishop:

1. holds his hands over those to be confirmed and prays that they may receive the Holy Ghost;
2. makes the sign of the Cross with Holy Chrism on the forehead of each one saying: "*I sign you with the Sign of the Cross and I confirm you with the Chrism of salvation, in the Name of the Father and of the Son and of the Holy Ghost*";
3. then gives a slight slap on the cheek.

348. Why does the Bishop make the sign of the Cross on our foreheads?

The Bishop makes the sign of the Cross on our foreheads to show that we must not be ashamed of the Cross and must be proud of our Catholic Faith.

349. Why does the Bishop slap our cheek?

The Bishop slaps our cheek to show that we must not be ashamed of our Faith even if we have to suffer for it.

350. What should we do before we receive Confirmation?

Before we receive Confirmation, we must learn about this sacrament, know the main mysteries of our Faith and be in the state of grace.

Lesson 32: The Blessed Eucharist

✓ **351. What is the Blessed Eucharist?**

The Blessed Eucharist is the sacrament in which Jesus Christ is really present under the appearances of bread and wine.

✓ **352. Is Jesus Christ Himself present in the Blessed Eucharist?**

Jesus Christ Himself, Who was born of the Virgin Mary, lived on earth and is now in heaven, is present in the Blessed Eucharist.

✓ **353. Why do we believe that Jesus Christ is really present in the Blessed Eucharist?**

We believe that Jesus Christ is really present in the Blessed Eucharist because He Himself said so.

✓ **354. When did Jesus Christ give us the Blessed Eucharist?**

Jesus Christ gave us the Blessed Eucharist the night before He died (Holy Thursday).

355. What did Jesus Christ do when He gave us the Blessed Eucharist?

When Jesus Christ gave us the Blessed Eucharist, He took bread, blessed it, broke it and gave it to His Apostles, saying: "*Take and eat, THIS IS MY BODY*". Then He took wine and gave it to them, saying: "*THIS IS MY BLOOD, do this in memory of Me*".

356. What became of the bread and wine when Jesus said:

"This is My Body, this is My Blood"?

When Jesus said: "*This is My Body, this is My Blood*", the bread and wine were changed into His Body and Blood.

357. What did Jesus mean when He said: "Do this in memory of Me"?

When Jesus said: "*Do this in memory of Me*", He made His Apostles priests and told them to change bread and wine into His Body and Blood as He had just done.

✓ **358. When do priests change bread and wine into the Body and Blood of Christ?**

Priests change bread and wine into the Body and Blood of Christ during Mass at the Consecration.

359. What is on the altar before the Consecration?

Bread and wine are present on the altar before the Consecration.

360. What is on the altar after the Consecration?

The Body and Blood of Jesus are on the altar after the Consecration, only the appearances of bread and wine remain.

361. What do we mean by "Appearances" of bread and wine?

By "*appearances*" of bread and wine we mean the shape colour, taste and whatever else appears to the senses.

362. Is it bread and wine that we see after the Consecration?

It is not bread and wine that we see after the Consecration, but their appearances under which are the Body and Blood of Jesus.

✓ **363. Is Jesus wholly and entirely present under the appearances of bread?**

Jesus is wholly and entirely present under the appearances of bread.

364. Is Jesus wholly and entirely present under the appearances of wine?

Jesus is wholly and entirely present under the appearances of wine.

365. Why do we kneel at the Consecration?

We kneel at the Consecration to adore Jesus Who comes on the altar at that time.

✓ 366. Why did Jesus give us the Blessed Eucharist?

Jesus gave us the Blessed Eucharist to be offered in sacrifice at Mass, to be the food of our souls in Holy Communion and to stay with us on earth always.

367. How does Jesus stay with us always?

Jesus stays with us always in the Sacred Hosts which are put in the Tabernacle by the priest at Mass.

368. Why does Jesus stay with us always?

Jesus stays with us always because He loves us and wants us to honour Him.

369. How do we honour Jesus in the Blessed Eucharist?

We honour Jesus in the Blessed Eucharist by visiting Him and praying to Him in the church, by hearing Mass and by receiving Holy Communion.

Lesson 33: Holy Communion

370. What is Holy Communion?

Holy Communion is the receiving of the Body and Blood of Jesus Christ under the appearances of bread and wine.

371. What does Holy Communion do to us?

Holy Communion strengthens our souls as food strengthens our bodies; takes away venial sins, weakens the evil in us and helps us to love God more.

372. Does this happen to all who receive Holy Communion?

This happens only to those who receive Holy Communion well.

373. What must we do to receive Holy Communion well?

To receive Holy Communion well, we must:

1. be in state of grace;
2. obey the law of Eucharistic Fast;
3. think of Jesus Whom we are to receive.

374. Would it be a sacrilege to receive Holy Communion in mortal sin?

It would be a sacrilege to receive Holy Communion in mortal sin. One who would do so would receive Our Lord, but would not receive His grace.

375. If we wish to receive Holy Communion, but are in mortal sin, what must we do?

If we wish to receive Holy Communion, but are in mortal sin, we must first make a good Confession.

376. What is the law of Eucharistic Fast?

By Eucharistic Fast we mean that before receiving Holy Communion we must not eat any solid food or drink any alcoholic liquid for three hours, and abstain from other liquids for at least one hour; but we may drink water at any time.

377. When must we receive Holy Communion?

We must receive Holy Communion at Easter time, as commanded by the Church, and also when we are in danger of death.

378. Why should we receive Holy Communion when we are in danger of death?

We should receive Holy Communion when we are in danger of death, because the devil tries hard at that time to make us lose our souls.

379. What do we call Holy Communion given to the dying?

We call Holy Communion given to the dying "*Viaticum*".

380. Should we try to receive Holy Communion often, even daily?

We should try to receive Holy Communion often, even daily, because Holy Communion is the food of our souls.

381. What should we do before Holy Communion?

Before Holy Communion we should:

1. think of Jesus Whom we are to receive;
2. pray to Him and make acts of Faith, Hope, Love and Contrition.

382. If the Host sticks to our mouth, what should we do?

If the Host sticks to our mouth, we should wait until we can remove it with our tongue, but we should never touch it with our fingers.

383. What should we do after Holy Communion?

After Holy Communion, we should:

1. adore and thank Jesus Who has come to us;
2. offer ourselves again to Him;
3. ask Him to stay with us and help us;
4. pray for others.

Lesson 34: The Sacrifice of the Mass

384. What is a sacrifice?

A sacrifice is the offering of a visible gift to God, in order to honour Him as our Lord and Master.

385. What is the Mass?

The Mass is the offering under the appearances of the bread and wine of the sacrifice which Jesus made of His Body and Blood on the Cross for our salvation.

386. Does Jesus die again during Mass?

Jesus does not die again during Mass.

387. Why did Jesus give us the Mass?

Jesus gave us the Mass so that we may offer His sacrifice to God and share in the merits He gained for us by His death.

388. Who shares in the graces of the Mass?

We on earth and the souls in purgatory share in the graces of the Mass.

389. What should we do at Mass?

At Mass we should follow the actions of the priest carefully, pray with him, and stand, sit or kneel down at the right times.

390. How should we pray at Mass?

At Mass we should offer ourselves with Jesus Christ to God the Father and receive Holy Communion if possible.

Lesson 35: Penance

391. What is Penance?

Penance is the sacrament in which the sins we commit after Baptism are forgiven.

392. When did Jesus give us the sacrament of Penance?

Jesus gave us the sacrament of Penance after His Resurrection.

393. In what words did Jesus give us the sacrament of Penance?

Jesus gave us the sacrament of Penance by saying to His Apostles: *"Receive the Holy Ghost, whose sins you shall forgive, they are forgiven; whose sins you shall retain, they are retained"*.

394. Did Jesus Christ give the power of forgiving sins only to His Apostles?

Jesus Christ gave the power of forgiving sins also to the priests.

395. How do priests forgive sins?

Priests forgive sins by giving Absolution to those who confess their sins to them.

396. What does the sacrament of Penance do when a person with true sorrow confesses mortal sins?

When a person with true sorrow confesses mortal sins, these sins are forgiven, grace lost by sin returns to the soul, the soul is saved from hell, any other punishment due to sin is lessened and merits lost by sin are given back.

397. What does the sacrament of Penance do when a person who has committed no mortal sin confesses venial sins only?

When a person who has committed no mortal sin confesses venial sins only, these sins are forgiven, more sanctifying grace is given to the soul, actual graces are given to avoid sin in the future and punishment due to sin is lessened.

398. Who must go to Confession?

Those who have committed mortal sin must go to Confession.

399. Should we all go often to Confession?

We should all go often to Confession, in order to receive the grace of the sacrament and so keep our souls free from sin.

400. Is there any sin which cannot be forgiven in Confession?

There is no sin which cannot be forgiven in Confession.

401. What should we do to receive the sacrament of Penance well?

To receive the sacrament of Penance well, we should:

1. ask God to help us to make a good Confession;
2. try to remember the sins we have committed since our last good Confession;
3. be sorry for them and make up our mind not to sin again;
4. confess our sins rightly and ask for Absolution;
5. do the penance we are given.

Examination of Conscience

402. What is the first thing to do before going to Confession?

The first thing to do before going to Confession is to examine our conscience by thinking of what sins we have committed since our last good Confession.

403. How do we examine our conscience?

We examine our conscience by trying to remember how we have sinned against the Commandments of God and of the Church, in thought, word or action, or by leaving out any duty.

404. Should we also find out the number of sins we have committed?

We should try to find out the number of mortal sins we have committed.

405. Can one make a good Confession without the examination of conscience?

One cannot make a good Confession without the examination of conscience.

Contrition

406. What is Contrition?

Contrition is sorrow for sins with the promise not to sin again.

407. How many kinds of Contrition are there?

There are two kinds of Contrition: perfect Contrition and Attrition.

408. What is perfect Contrition?

Perfect Contrition is sorrow for sin because it offends God, our Father, Who is so good, and because Jesus Christ had to suffer and die because of our sins.

409. What does perfect Contrition do for our souls?

Perfect Contrition takes away sin, even before Confession, and gives us back grace.

410. Must we confess mortal sins which have already been forgiven by perfect Contrition?

We must confess all mortal sins which have not already been told to the priest in Confession.

411. Can one have perfect Contrition and be forgiven if one does not mean to go to Confession?

One cannot have perfect Contrition and be forgiven unless one means to go to Confession.

412. What should we do if we are in danger of death and there is no priest near?

If we are in danger of death and there is no priest near, we should make an act of perfect Contrition, with the intention of going to Confession as soon as we can.

413. Say an act of Contrition.

O my God, I am very sorry that I have sinned against You, because You are so good, because You died on the Cross for me and because I am afraid of hell. Forgive me my sins and I will not sin again.

414. What is Attrition?

Attrition is sorrow for sin, because we are afraid of God's punishment.

415. Does Attrition take away sins?

Attrition takes away sins only in Confession.

416. When is our Contrition true?

Our Contrition is true when we are sorry for all our sins and hate sin as the worst of all evils.

417. Is an act of Contrition in words only true Contrition?

An act of Contrition in words only is not true Contrition. We must mean what we say.

418. What should we do to be truly sorry for our sins?

To be truly sorry for our sins we should ask God to make us hate sin.

419. Would our sins be forgiven in Confession if we had no Contrition at all for them?

Our sins would not be forgiven in Confession unless we had at least Attrition for them.

420. For Contrition must one mean never to sin again?

For Contrition one must mean never to sin again, and must try to keep away from anything which could lead one to sin.

Confession

- 421. What should we do when we have examined our conscience and are sorry for our sins?**

When we have examined our conscience and are sorry for our sins, we should go to the priest and tell him our sins.

- 422. What is Confession?**

Confession is the telling of our sins to a priest to have them forgiven.

- 423. What sins must we tell in Confession?**

We must tell all our mortal sins and it is good to tell our venial sins as well.

- 424. How should we tell our sins in Confession?**

We should tell our sins in a few words, just as they are, not hiding anything or excusing ourselves.

- 425. How should we confess mortal sins?**

We should confess the number and kind of all mortal sins we can remember to have committed since our last good Confession.

- 426. If we cannot remember how many times we have committed a mortal sin, what should we do?**

If we cannot remember how many times we have committed a mortal sin, we should say about how many times we think we have committed it.

- 427. If we forget a mortal sin in Confession, is our Confession bad?**

If we forget a mortal sin in Confession, our Confession is not bad.

- 428. What should we do if we forget a mortal sin in Confession?**

If we forget a mortal sin in Confession we must tell it in our next Confession.

- 429. If we hide a mortal sin in Confession, is it a mortal sin?**

If we hide a mortal sin in Confession, it is a sacrilege and none of our sins are forgiven.

430. What must a person do if he has hidden a mortal sin in Confession?

If a person has hidden a mortal sin in Confession, he must make his Confession again, say that he hid a mortal sin in Confession and confess all his new mortal sins.

431. Should we be afraid to confess our sins?

We should not be afraid to confess our sins because it is better to confess them here on earth than to be punished in hell.

432. Will the priest ever tell the sins he hears in Confession?

The priest will never tell the sins he hears in Confession.

Absolution

433. What is Absolution?

Absolution is the forgiving of sins by words used by the priest in Confession.

434. Who gave priests the power of forgiving sins?

Jesus Christ gave priests the power of forgiving sins.

435. Can Absolution take away sins if a person has not Contrition or hides a mortal sin?

Absolution will not take away his sins because God Who knows everything will not forget one who makes a bad Confession.

436. May the priest sometimes refuse Absolution?

The priest may sometimes refuse Absolution if he thinks our Confession is not well done, but he will always give us Absolution if our Confession is good.

437. Do we receive the sacrament of Penance if the priest does not give us Absolution?

If the priest does not give us Absolution, we do not receive the sacrament of Penance and our sins are not forgiven.

Penance

438. What do we mean by the penance the priest gives us in Confession?

By the penance the priest gives us in Confession, we mean the prayers to be said, or the good works to be done in payment for our sins.

439. What must we do after Confession?

After Confession we must thank God because He has forgiven our sins and do the penance the priest has given us, as soon as we can.

440. Why does the priest give us penance in Confession?

The priest gives us a penance in Confession to help us to make up for the temporal punishment we must suffer for our sins.

441. Does the penance given to us by the priest always make up for our sins?

The penance given to us by the priest does not always make up for our sins. We should therefore do other acts of penance and gain Indulgences.

442. How do we do penance ourselves?

We do penance ourselves by good works, sacrifices and prayer.

Indulgences

443. Does the Church helps us in making up for our sins?

The Church helps us in making up for our sins by granting Indulgences.

444. What are Indulgences?

Indulgences are the taking away, outside Confession, through the power of the Church, of the temporal punishment for sin, after the sin itself has been forgiven.

445. How does the Church by means of Indulgences take away the temporal punishment for sin?

The Church by means of Indulgences takes away the temporal punishment for sin by giving to the living and the dead the merits of Jesus Christ as well as the merits of the Blessed Virgin and of the Saints.

446. Why has the Church power to grant Indulgences?

The Church has power to grant Indulgences because Jesus Christ said to St. Peter: *"Whatsoever you shall loose on earth shall be loosed also in heaven"*.

447. How many kinds of Indulgences are there?

There are two kinds of Indulgences: plenary Indulgences, and partial Indulgences.

448. What is taken away by a plenary Indulgence?

By plenary Indulgence, the whole temporal punishment for sin is taken away.

449. What is taken away by a partial Indulgence?

By partial Indulgence, a part only of the temporal punishment is taken away.

450. What must we do to gain an Indulgence?

To gain an Indulgence we must:

1. be in the state of grace;
2. have the intention of gaining the Indulgence;
3. do the good works ordered by the Church.

451. May we gain Indulgences for the souls in purgatory?

We may gain Indulgences for the souls in purgatory in order to help them to pay for their sins.

Lesson 36: Extreme-Union

452. What is Extreme-Union?

Extreme-Union is the sacrament given to those who are in danger of death.

453. What does Extreme-Union do for us?

Extreme-Union increases sanctifying grace, takes away venial sins, and sometimes also mortal sins; it strengthens our will and, if God wishes, it will make us well again.

454. When should a person receive Extreme-Union?

When a person is very sick and before he is unconscious, he should make his Confession, receive Holy Communion and Extreme-Union.

455. How should the sick person receive Extreme Union?

The sick person should first confess his sins if he can and he should say to himself: *"God's will be done!"*.

456. What should we do if someone is very sick?

If someone is very sick, even if he himself does not think of his soul, we pity him and we tell the priest of his illness so that he may not die without the Sacraments.

457. What should we do if there is no priest?

If there is no priest we should tell the sick person to ask God to forgive his sins and we should help him to make an act of Contrition.

458. What else should we do to help a dying person?

We should offer him the Crucifix to kiss, and help him to say the acts of Faith, Hope and Charity, and repeat the Names of Jesus, Mary and Joseph.

Lesson 37: Holy Orders

459. What is Holy Orders?

Holy Orders is the sacrament by which men are made priests and Bishops in order to do the work of God.

460. What is the work of God they will do?

They will say Mass, give the sacraments to the people and teach them the way to save their soul.

461. When did Jesus Christ make the sacrament of Holy Orders?

Jesus made the sacrament of Holy Orders when He gave His Apostles and their successors the power to offer the sacrifice of the Mass and to forgive or retain sins.

462. How should we honour our priests?

We should honour our priests by respecting them, helping them and by praying for them. We should also ask God to give to His Church many holy priests.

463. Who gives the sacrament of Holy Orders?

The Bishop gives the sacrament of Holy Orders.

464. How many Orders are there in the Church?

In the Church there are seven different Orders: four "*Minor*" and three "*Major*" Orders. Before receiving them, one receives the "*Tonsure*".

The four Minor Orders are:

1. *Porter*: whose work is to open and shut the doors of the church.
2. *Lector*: whose work is to read aloud in the church the Old and New Testaments.
3. *Exorcist*: whose work is to drive out evil spirits from possessed persons.
4. *Acolyte*: whose work is to serve the priest at the altar.

The three Major Orders are:

1. *Subdiaconate*: whose work is to serve the deacon at the altar and to chant the Epistle.
 2. *Diaconate*: whose work is to serve the priest at Mass, to chant the Gospel, to preach and to baptize.
 3. *Priesthood*.
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Lesson 38: Matrimony

465. What is Matrimony?

Matrimony is the sacrament of marriage.

466. What is marriage?

Marriage is a contract binding until death a man and a woman as husband and wife, in order to have children.

467. Who made marriage?

God Himself made marriage.

468. When did God made marriage?

God made marriage when He created Eve and gave her to Adam as a wife, saying: "*Increase and multiply*".

469. Who made marriage a sacrament?

Jesus Christ made marriage a sacrament.

470. Why did Jesus Christ made marriage a sacrament?

Jesus Christ made marriage a sacrament so that the marriage of those who are baptized may be holy and they might receive special graces.

471. What are the graces of the sacrament of matrimony?

The sacrament of Matrimony gives husband and wife the graces:

1. to be faithful to each other and to live happily together,
2. to bring up their children in the love of God.

472. Can Catholics be truly married, without receiving the sacrament of Matrimony?

Catholics cannot be truly married without receiving the sacrament of Matrimony. If they just live together they commit a mortal sin.

473. What should catholics do who intend to get married?

Catholics who intend to get married should tell their priest who will instruct them on the laws of Matrimony.

474. What should a person do before receiving the sacrament of Matrimony?

Before receiving the sacrament of Matrimony a person must go to Confession if he is in mortal sin.

475. If a person receives Matrimony in mortal sin, what sin does he commit?

If a person receives Matrimony in mortal sin, he commits a sacrilege.

476. What must catholics do to contract a true marriage?

Catholics must contract marriage before the priest and two witnesses.

477. What is the best way for catholics to marry?

Catholics should marry at Nuptial Mass and receive Holy Communion.

478. If two catholics do not marry before the priest and two witnesses, are they truly married?

If two catholics do not marry before the priest and two witnesses, they are not truly married and they live together in sin.

479. If there is no priest, what should they do?

If there will be no priest there for a month, they will marry before two witnesses and their marriage will become Matrimony. When the priest comes they should tell him and he will give them the blessing and write their names in the register.

480. If a person had no intention of getting married, but told a lie before the priest, would his marriage be true?

If a person had no intention of getting married, but told a lie to the priest, his marriage would not be true.

481. May a catholic marry one of his relatives?

A catholic may not marry one of his close relatives.

482. May a catholic marry a non-catholic?

A catholic may not marry a non-catholic.

483. What should a catholic do who wishes to marry a close relative or a non-catholic?

A catholic who wishes to marry a close relative or a non-catholic should ask the priest if he can have a dispensation.

484. What do we call marriage between a catholic and a non-catholic?

A marriage between a catholic and a non-catholic is called a "*Mixed Marriage*".

485. Why does the Church forbid mixed marriages?

The Church forbids mixed marriages because they are a danger to the faith of the catholic person and to the faith of the children.

486. On what conditions does the Church sometimes allow a mixed marriage?

The Church sometimes allows a catholic to marry a non-catholic for grave reasons, but only on two conditions:

1. Both persons must promise that all their children will be baptized and educated in the Catholic Faith.
2. The non-catholic person must promise to let the catholic practise his religion freely.

The catholic person by prayer and example should help the other to become a catholic.

487. May a man have more than one wife at a time?

A man, during the life of his wife, cannot have another wife, nor can the wife during her husband's life have another husband.

488. Can a man ever leave his wife and marry another?

A man can never leave his wife and marry another, nor can a wife leave her husband and marry another man.

489. What is the duty of the husband to his wife?

The husband must love his wife, treat her well and live with her in peace.

490. What is the duty of the wife to her husband?

The wife must love her husband and obey him in lawful things.

491. What are the duties of the husband and wife to their children?

The husband and wife must take care of their children, educate and correct them, give them good example, teach them christian ways and pray with them.

The Sacramentals

492. What are Sacramentals?

Sacramentals are prayers, actions and things which have been blessed by the Church to obtain from God spiritual and temporal favours.

493. What is the difference between Sacraments and Sacramentals?

The Sacraments were made by Jesus Christ and give grace by themselves; the Sacramentals were made by the Church and do not give grace by themselves, but only according to our dispositions.

494. How do Sacramentals obtain favours for us?

The Sacramentals obtain favours for us:

1. through the faith of those who use them;
2. through the prayers of the Church offered for those who use them.

495. What are the favours we obtain from the Sacramentals?

The favours we obtain from the Sacramentals are:

1. actual graces and protection from evil spirits;
2. forgiveness of venial sins and taking away of temporal punishment for sins;
3. health of body and other temporal blessings.

496. Which are the principal Sacramentals?

The principal Sacramentals are: the Sign of the Cross, holy water, blessed ashes, blessed palms, crucifixes, rosaries, scapulars and medals.

497. What Sacramentals should we always have in our homes?

We should always have a crucifix and holy water in our house.

498. Why should we always have some Sacramentals upon ourselves?

We should always carry some Sacramentals on us:

1. to obtain the favours which come to us through the Sacramentals;
 2. to show that we are catholics.
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PART FIVE

Lesson 39: Prayer

499. What is prayer?

Prayer is thinking of God and talking to Him from our hearts.

500. Why do we pray?

We pray:

1. to adore God;
2. to thank Him;
3. to ask forgiveness;
4. to beg His graces for ourselves and for others, for both body and soul.

501. Can we save our soul without praying?

No one can save his soul without praying, for Jesus Christ said: *"Without Me you can do nothing"*, and *"Watch you and pray that you enter not into temptation"*.

502. To whom do we pray?

We pray to God who alone can give us what we need; but we also ask the Blessed Virgin Mary, the Angels and Saints to pray to God for us.

503. In whose name should we pray to God?

We should pray to God in the Name of Jesus Christ. Through Him, God will hear us.

504. Are our prayers always answered?

Our prayers are always answered, for, even if God does not give us what we ask, He will give us something else.

505. Since God said: "Ask and you shall receive", how is it that sometimes we ask and do not receive?

Sometimes we ask and do not receive because we do not pray well, or because what we ask for would not be good for us.

506. What should we ask for mostly?

We should ask mostly for God's glory and our salvation.

507. May we pray for material things?

We may pray for material things if they are in accordance with God's will.

508. How should we pray?

We should pray with attention and humility, and trusting God, our Father.

509. When should we pray?

We should pray often, especially:

1. in the morning on rising and at night before sleeping;
2. before and after meals, and when we begin any work;
3. in temptation and other dangers.

510. For whom should we pray?

We should pray:

1. for ourselves and our people;
2. for our enemies, sinners and those who do not know
3. for the souls in purgatory; [God;
4. for the Church, the Pope, our Bishop and our priests.

The Our Father

511. What is the best of all prayers?

The best of all prayers is the "*Our Father*", the prayer which Our Lord Himself taught us.

512. Say the "Our Father".

Our Father Who art in heaven, hallowed be Thy name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive them who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

513. Why do we call God "Our Father" ?

We call God "*Our Father*" because He created us and made us His children in Baptism, and guards us always.

514. What do we ask when we say: "Hallowed be Thy Name"?

When we say "*Hallowed be Thy name*", we ask that all men may come to know God, to love Him and to glorify Him.

515. What do we ask when we say: "Thy kingdom come"?

When we say "*Thy kingdom come*", we ask that God may be King of our hearts by grace and the King of all men.

516. What do we ask when we say: "Thy Will be done on earth as it is in heaven?"

When we say "*Thy Will be done on earth as it is in heaven*", we ask that we may do God's Will here on earth as the Angels and Saints do in heaven.

517. What do we ask when we say: "Give us this day our daily bread"?

When we say "*Give us this day our daily bread*", we ask that God may give us food for our body, as well as His grace which is the life of our souls.

518. What do we ask when we say: "Forgive us our trespasses as we forgive them who trespass against us"?

When we say "*Forgive us our trespasses as we forgive them who trespass against us*", we ask that God may forgive our sins, if we first promise to forgive those who wrong us.

519. What do we ask when we say: "Lead us not into temptation"?

When we say "*Lead us not into temptation*", we ask for grace that we may not go wrong and that the devil may not make us bad.

520. What do we ask when we say: "Deliver us from evil"?

When we say "*Deliver us from evil*", we ask God to keep us from sin, as well as from all other evils.

521. Why do we say: "Amen", at the end of the "Our Father"?

We say "*Amen*" at the end of the "Our Father" to express again our love and trust in God.

The Hail Mary

522. Say the "Hail Mary".

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

523. Who first spoke the words "Hail, full of grace, the Lord is with thee, blessed art thou among women"?

The Archangel Gabriel first spoke the words "*Hail, full of grace, the Lord is with thee, blessed art thou among women*", when he told the Blessed Virgin Mary that she was to be the Mother of God.

524. Who first spoke the words "Blessed is the fruit of thy womb"?

Saint Elizabeth first spoke the words "*Blessed is the fruit of thy womb*", when she welcomed the Blessed Virgin Mary, her guest.

525. Who added the words "Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death"?

The Holy Church added the words "*Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death*", to ask the Mother of God to pray for us in all our needs, but especially when we shall need her prayers most, at the hour of our death.

526. Why is it that we pray so much to Our Lady?

We pray so much to Our Lady because she is the Mother of Jesus Christ, and she is very good; and because Jesus Christ gave her to us as our heavenly Mother. So if she repeats our prayers to God, our prayers will be answered.

527. What is the best way to prove our love for our heavenly Mother?

The best way to prove our love for our heavenly Mother is:

1. to know, love and serve her Divine Son;
2. to keep the Commandments of God and of the Church;
3. to honour her as the Mother of God and our Mother.

528. Should we also pray to the Saints?

We should also pray to the Saints because they will offer our prayers to God.

529. To which Saints should we pray especially?

We should pray especially to our Guardian Angel to Saint Joseph and to our Patron Saint.

530. Is it the same to pray to God and to the Saints?

It is not the same to pray to God and to the Saints. God is the giver of all things, so we ask Him to give us what we need; as for the Saints, we ask them to repeat our prayers to God Who will hear us through their intercession.

221. What is the best way to prove our love for our heavenly Mother?
 The best way to prove our love for our heavenly Mother is:
 1. to know, love and serve her Divine Son;
 2. to keep the Commandments of God and of the Church;
 3. to honour her as the Mother of God and our Mother.
 We should also pray to the Saints because they will offer our prayers to God.

222. In which Saints should we pray especially?
 We should pray especially to our Guardian Angel to Saint Joseph and to our Patron Saint.
 223. Is it the same to pray to God and to the Saints?
 It is not the same to pray to God and to the Saints. God is the giver of all things, so we ask Him to give us what we need, as for the Saints, we ask them to repeat our prayers to God. Who will hear us through their intercession.

224. How can we know if we are loved by God?
 We can know if we are loved by God if we feel His love in our hearts, if we are able to love Him and our neighbours, if we are able to keep His commandments, if we are able to resist temptation, if we are able to live a holy life.

225. How can we know if we are loved by our heavenly Mother?
 We can know if we are loved by our heavenly Mother if we feel her love in our hearts, if we are able to love her and her Son, if we are able to keep the Commandments of God and of the Church, if we are able to resist temptation, if we are able to live a holy life.

